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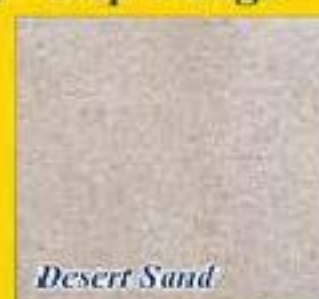


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Keep in the swing this winter at Kellys Golf Centre!

The golf season will soon be coming to a close, but there is no better time to cement your practice routine and start preparing for next year. You can make the most of the dark nights at Kellys Golf Centre, The Avenue, Burren, with their flood lit 16 bay driving range and the most competitive prices for balls in the area; 20 balls for £1 and 100 balls for just £5!



Some of the children who participated in Kellys Golf Centre Junior Winter League 2014-15.

Having a practice plan throughout the winter is an important step if you want to improve in the off-peak. Something as simple as hitting 200 balls a week in a driving range can keep you working on certain areas of your game; and with Kellys Golf Centre resident PGA Professional Coach, Dougie Bell's Winter Development Plan - consisting of 6 x 1 hour coaching sessions for the price of £200 - there is no better way of improving your golf game this winter!

The popular nine hole par 3 pitch and putt course at Kellys Golf Centre will remain open throughout the winter to help you advance your short game skills. With holes that are challenging for both beginners and seasoned golfers, it is a demanding course that requires thought before each shot on every hole.

The 9 hole par 3 course at Kellys Golf Centre is also home to the Junior Winter League which runs from October through to August. The junior golfers play out weekly competitions gaining points from each appearance, where the player with the most points at the end will be crowned 'Junior Winter Champion'. This has proved to be a coveted title where each year the junior golfers produce a very fine level of competitive golf.

Also, at Kellys Golf Centre, Junior Saturday Classes will continue throughout October. It is never too late to book your child in for these group lessons where, through a series of fun games, skills, challenges and coaching, the children will be introduced to the game of golf in an enjoyable and fun environment!



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In my line of work, I am so reliant upon my vision, my reading and ultimately my eyes. The simple things such as driving, reading, anything up close, seeing anything in the distance really also, was becoming impossible without either my glasses or contact lenses.

I had considered getting Laser Eye Treatment for some time, but had never gotten around to finding out some more about it - until a friend of mine recommended Optilase, right in front of the Belfast City Hall.

The Clinic at Optilase is more like a five Star Hotel and I was so at ease - and being right in front of the City hall, it was also very handy to call in and ask some questions.

After hearing that the Kamra treatment was exclusive to Optilase in NI and Optilase were the number one provider in Europe, I felt very reassured with taking such a big decision in 'letting' someone at my eyes - so I booked my Free Consultation.

Fortunately, I had already done my homework online, through mainly their website, and it's clear to see that Optilase spare no expense with not only their Lifetime Aftercare Guarantee, the most experienced Surgeon in Ireland and UK (by number of completed treatments) and also with the Lasers they use are the most highly recommended Laser in

the world (The Schwind Amaris for you geeks out there...!)

I felt completely reassured and at ease throughout my whole consultation - I spent the whole hour with only Grainne, who I must really commend on her knowledge and professionalism (and the coffee was great...!!)

The treatment would give me my near and distance vision and would do away with glasses altogether!

Optilase are very selective about who they treat - Grainne explained to me that although the Laser and equipment is able to treat a huge range of prescriptions, the parameters at Optilase are much tighter to really give each and every Patient the absolute optimum results possible.

By now I really wanted it done and I was shown the potential about how good my Vision could be afterwards. I opted for the KAMRA Treatment, with laser - exactly as the Surgeon and Grainne had described and recommended to me. This would give me my near and distance vision and would do away with glasses altogether!



So two weeks later the big day came - and I approached this with some confidence, though still a little nervous.

The actual surgery itself was over within minutes and I quickly realised there was no reason for me to have been nervous. Wayne was fantastic and talked me through each part of the procedure - the Nursing and Care team were second to none and just brilliant.

Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic.

There was no pain whatsoever during surgery - a question I have been asked by almost everyone I have met since the surgery, as there are so many myths out there about laser eye treatments.

After surgery my eyes were watering all the way home and I had to

wear black sunglasses to protect my eyes, though the staff did advise me that I would be light sensitive straight away as my 'New Eyes' got used to light again.

Following the advice from the team at Optilase I went home and relaxed - when I woke in the morning life had taken on a whole new perspective.

Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic. My near vision settled and dramatically improved after the next few days.

Just out of habit I even reached for my glasses (trust me; it takes a while before you will break that one). If I had some advice for anyone out there who wears specs, get it done - and get it done now! If only I had it done years ago.....!!

My advice? Visit Optilase and find out if you can have it done - if you are suitable, find a way to have Treatment. It will change your life forever.....I'm glad I did!! For more information call Optilase on 08000 121 565 or 04890 438397. www.optilase.com.



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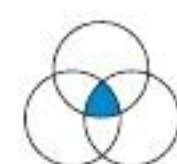
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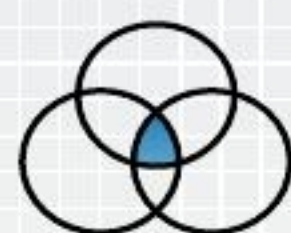
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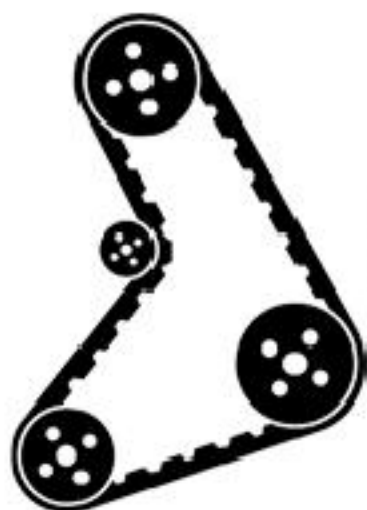
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